



AT A GLANCE BULLETIN



Army Community Service
61 Quebec Street, BLD 683
Fort Devens, MA 01434-4479

Serving the Military in New England

January 2016

January 2016

**Army Community Service
Fort Devens Welcome Center**

61 Quebec Street, Building 683

ACS Hours of Operation

0730-1600 Monday -Friday

<https://www.devens.army.mil>

ACS TELEPHONE NUMBERS

978-796-3023/ 3119 DSN 256-3023/ 3119

MILITARY ONE SOURCE

1-800-342-9647 Available 24/7/365

www.MilitaryOneSource.mil

FROM THE OFFICE OF THE ACS DIRECTOR

Happy New Year 2016: “I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something. So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever.”

— [Neil Gaiman](#)

Choose to be a WINNER in 2016

WINNERS vs LOSERS

THE WINNER Is always part of the answer;
THE LOSER Is always part of the problem.

THE WINNER Always has a program;
THE LOSER Always has an excuse.

THE WINNER Says "Let me do it for you";
THE LOSER Says "That's not my job".

THE WINNER Sees an answer for every problem;
THE LOSER Sees a problem in every answer.

THE WINNER Sees a green near every sand trap;
THE LOSER Sees two or three sand traps near every green.

THE WINNER Says "It may be difficult, but it's possible";
THE LOSER Says "It may be possible, but it's too difficult."

BE A WINNER

FINANCIAL

Your Guide to Post-Christmas Sales: As soon as Santa comes and goes, prices start to drop. Just as Black Friday sales creep up earlier each year, stores are competing for shoppers by offering post-Christmas sales earlier, too. Whether you want to spend freshly opened gift cards or just see what's on sale, here are a few suggestions for navigating this year's post-holiday shopping:

Where to buy: Clothing and department stores are known for major after-Christmas sales. Several will have store-wide sales with up to 50 or 60 percent off. Make sure to check the clearance section, as many stores will take an additional percentage off already marked-down items.

Home improvement stores will [discount inventory](#) to clear the shelves quickly. Deal everything from lawn decorations to artificial trees and lighting.



Retailers aren't the only ones offering year-end deals. Check travel websites to see if there are any great coupon codes or sales on flights and vacation packages. You might be ready to get out of town as

the winter weather sets in. You don't necessarily have to hit the stores, or even leave the house, for the matter, to take advantage of sales. Take a look at your favorite coupon and deal website for a round-up of the best after-Christmas sales.

What to buy: Christmas-themed items such as décor, ornaments, gift wrap and greeting cards will be marked down significantly in the days following the holiday. You can stock up for next year at a quarter of the usual cost. Take inventory at home first to see what you need. Otherwise, it's easy to be tempted to overspend because of the rock bottom prices.

[Items that were marketed as gifts](#) during the shopping season, such as winter wear sets, food gift baskets, perfume gift boxes and anything in holiday colors will definitely see a drop in price. If the item can last for a year in your closet, then you might even want to consider getting a jump start on next year's shopping lists.

Toys will also be on sale, especially those with tons of inventory that didn't sell as well as expected. If you are looking to make a charitable contribution before the end of the year, consider buying some of these discounted toys to donate to shelters or toy drives.

Think ahead to your non-holiday [gifting opportunities](#) throughout the upcoming year: Do you have any weddings, graduations, new babies or milestone birthdays on the calendar? Take advantage of end-of-year sales and make room in next year's budget.

Lastly, if you're in the market for a new car, the last week of the year is a good time to do it. Dealerships are looking to clear the lot of this year's cars before 2016, so your haggling will go further. As at any time of year, be sure to do your research ahead of time so you have a solid sense of price comparisons.

What NOT to buy till January: Electronics will be marked down. At the Consumer Electronics Show, new models will be announced and last year's models will go on sale to make room for products on the shelves.

Televisions will be heavily discounted in January leading up to the Super Bowl. Hold off on buying fitness equipment until January, too. While many people are making New Year's resolutions to get in shape, stores will discount their inventory on items such as treadmills, stationary bikes and home gyms to compete for your business.

In the case of the unwanted gift card, there are now tons of options for exchanging your card for another store's or even getting cash instead. "Gift Card Exchange Day" is an annual event the day after Christmas; you can check out giftcardexchangeday.com to learn about your options.

Though the last week of the year will hold a lot of great sales, don't forget to check in on your budget first and see what you can afford. After the [holiday shopping season](#), the most frugal decision may be to simply enjoy the weekend and give your wallet a break!

SOLDIER AND FAMILY

Veterans Crisis Hot Line:



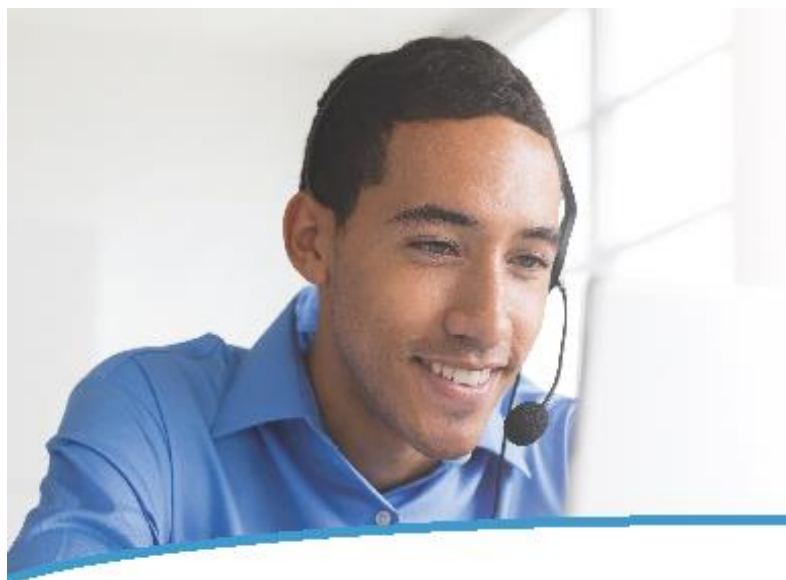
Free Weight Loss Program for Adult Dependents of Active Duty or Retired Military Personnel:

Experts from Tufts University and U.S. Army Research Institute of Environmental Medicine will be providing two interactive weight loss programs in military families to examine the effectiveness of weight loss. These programs will be provided at no cost to eligible military families and include a 2 year follow up. The study is tailored specifically towards military families to overcome the unique weight loss challenges of the military environment.

Eligibility: At least 18 years of age. Adult dependent of an active duty or retired military personnel. Must be overweight

Interactive group classes will provide education and support to help with weight loss and prevent weight regain. The classes will provide interactive and hands-on instruction including support for menu planning, grocery shopping, self-monitoring of weight, diet and activity. Classes will be offered in person or online depending on location.

If interested, contact researchers at 617-556-3143 or HF2Study@tufts.edu
Payment is offered up to \$400 if you qualify and complete the study.



Coaching Into Care VA Family Call Center

888-823-7458 | Monday – Friday, 8am – 8:00pm EST

Coaching Into Care is a national telephone-based VA support service for family members and others who want to help reluctant Veterans access their VA health care, particularly for mental health issues.

About Coaching Into Care

- **Purpose:** To help family members and other loved ones encourage distressed Veterans to access VA Care successfully anywhere in the United States
- **Type of help provided:** Coaching Into Care is another "door" to VA care. We provide support and problem solving assistance for family members and others concerned about a Veteran, coaching with family members about how to talk to Veterans about seeking VA care, referrals for care for Veterans and family members, and information about available programs or enrolling in VA Care
- Veterans and their family members already well-connected to VA care should work with their local providers rather than calling Coaching Into Care
- Support for Coaching Into Care is provided by the Department of Veterans Affairs
- Coaching Into Care staff coordinate with the Iraq and Afghanistan Veterans Program Managers and Points of

Contact in VA Medical Centers, Vet Centers, the National Veterans Crisis Line, the VA Caregiver Support Line, and the VA National Center for PTSD

- **Locations of call center personnel:** Philadelphia, PA, Durham, NC, and Los Angeles, CA
- **Leadership:** National and Pennsylvania Site Director, Steven L. Sayers, Ph.D.; Training Director, Tanya Hess, Ph.D.; North Carolina Site Director, Cindy Swinkels, Ph.D.; California Site Director, Marleen Urbaitis, Ph.D.

Reach Out to Us

- **Phone:** (888) 823-7458, Monday – Friday, 8:00am – 8:00pm Eastern Time
- **Email:** CoachingIntoCare@va.gov
- **Web:** www.va.gov/coachingintocare
- **For immediate crises:** Family members or Veterans should still contact the Veterans Crisis Line, (800) 273-8255, press 1 for Veterans



www.va.gov/coachingintocare



Army Emergency Relief News Release

Soldiers Helping Soldiers

Army Emergency Relief Announces Opening of Scholarship Application Period

ALEXANDRIA, Va., Jan. 4, 2016 –Army Emergency Relief (AER) has announced the opening of its scholarship application period. Applications will be accepted until May 1, 2016.

AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and the applications are available on AER's website (www.aerhq.org). The Spouse Scholarship can be used for full or part-time students, while the Ursano Scholarship is only for full-time students.

Last year AER awarded 4,245 scholarships, totaling more than \$9 million to Spouses and Children of Soldiers.

"The entire scholarship process is on line," said Tammy LaCroix, manager for AER's scholarship programs. "Applicants are able to create their own profile, submit their documentation online, and check their status, which is a huge time saver for both the applicants and the scholarship staff."

"This is a valuable opportunity for the Children and Spouses of Soldiers," added LaCroix. We saw an increase in the number of applications last year and hope this trend continues this year."

The entire application package for the 2016-2017 school year must be submitted online by May 1st. This includes the application as well as the supporting documents which will be outlined for the applicant based on the information provided on the application. Most applicants will need to provide transcripts (through the Fall semester), the Student Aid Report (SAR) from the Free Application for Federal Student Aid (FAFSA), and the Soldier's Leave and Earnings Statement (LES) for active duty Soldiers.

AER awards "needs-based" scholarships, based on the FAFSA and transcripts. The amount of the award varies based on the number of qualified applicants and scholarship funds available. Last year the award amounts ranged from \$500 to \$3,300.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their Families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, Families and Retirees.

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For more information contact Guy Shields at guy.shields@erhq.org or 703.325.1692.
Follow AER on Facebook: [AER HQ Facebook Page](#)

HANSCOM AIRMAN AND FAMILY READINESS CENTER

January 2016

Please Call 781-225-2765 to Register

Weekly Programs

Individual Transition Plan Checklist - Capstone Verification Every Tuesday | 1-2:30 p.m.

Please call the A&FRC at (781) 225-2765 to schedule an appointment with a consultant. All AF service members who completed Preseparation Counseling and TAP/GPS are required to complete DD Form 2958, Service Member's Individual Transition Plan Checklist (referred to as "Capstone"), prior to separation/retirement. This is a mandatory requirement for out-processing.

Preseparation Counseling Every Wednesday | 9-11 a.m. Weekly sessions for separating and retiring service members to complete the mandatory DD Form 2648, Preseparation Counseling. This counseling **MUST** be provided at least 90 days prior to date of separation or retirement and is a prerequisite for attending the Transition-GPS Workshop.

Predeployment Briefing Every Friday | 2-3pm. Mandatory for personnel tasked with a TDY/Deployment of 30 days or longer. Spouses are highly encouraged to attend. Briefings are held every Friday at the A&FRC. Please call the A&FRC to sign up.

Family Welcome - Anytime! Stop in after you arrive at Hanscom for a personal welcome to the community and a tour of the A&FRC! Learn what services and information we have for newly arrived service members and families. Children welcome.

Private Sector & Federal Resume Critique - By "in person" appointment only

Resumes are reviewed by an employment specialist with HR experience. Receive feedback to improve your format and content. Email your resume to 66.fss.fsfr.cmb@us.af.mil and receive a response within 7 business days. Prior attendance at an A&FRC Resume Writing class is recommended.

SOMEONE TO TALK TO when you need it: Military Family Life Counselors (MFLC) provide free, short-term, non-medical, solution-oriented counseling on a range of issues. For service members and their families – no records are kept. Call (781) 879-7654 and leave your first name only for an appointment!

Employee Assistance Program (EAP) provides a confidential, free counseling service on a wide range of personal & work concerns for DoD civilian, NAF & DECA employees as well as their family members. The EAP offers Financial & Legal services as well. Contact Ina Bachman, LICSW, CEAP at 1-800-222-0364 for an appointment & check out the website www.FOH4you.com . ** On site every Monday!!

VA BENEFITS ADVISORS are available. Please contact them at 781-225-2624/2625 or 508-847-9985. Located in Bldg 1217.

VETERANS AFFAIRS DISABILITY CLAIMS REVIEW

Fridays (By Appointment Only) A representative from AMVETS, a veterans' service organization, will assist you in processing your disability claim and answer questions. **Appointment is required.**

Call the AMVETS Service Representative at 617-980-8400.

PRE-REGISTRATION IS REQUIRED. CALL (781) 225-2765 or email us at 66.fss.fsfr.cmb@us.af.mil

Resume Writing for the Private Sector : Wednesday, January 5 | 9 a.m. to 12 p.m.

This basic resume writing course discusses how to write & format an effective resume & cover letter. This class is taught by a former private sector HR staffing specialist.

Goal Setting for Life : Thursday, January 7 | 11:30 a.m. to 12:30 p.m. The Airman and Family Readiness Center invites you to a free workshop: Goal Setting for Life. Why is goal setting important? How do you decide what is a priority in your life? How do you formulate a realistic goal and stay motivated to reach your goal? Join us and find your answers. Presented by Hanscom's Military and Family Life Counselor.

Small Business Workshop :Tuesday & Wednesday, January 19-20 | 8:30 a.m. to 4 p.m.
Two-Day Seminar at the Hanscom Conference Center Bldg. 1106 Learn how to start, manage & finance your small business. This class includes a development of business plan, legal consideration & more. Presented by the Small Business Administration and Service of retired Executives.

Maximize Social Security : Wednesday, January 20 | 12-12:45 Join us to learn about the pros and cons of taking benefits early, the potential pitfalls of working while collecting and more. Presented by the Hanscom Federal Credit Union. Free lunch is provided.

Heart's Apart: "Winter Wonderland Party" : Wednesday, January 20 | 5-6:30 p.m.
Families of deployed, remote tour & extended TYD service members are invited to join us to share in the magic of a New England winter wonderland. We'll have a snowman-making contest, eat snowman soup & frolic in the "snow". Please RSVP (and let us know how many are attending) by Friday, January 15 to 781-225-2765 or e-mail shon.teicheira@us.af.mil

E-Smooth Move Seminar: Thursday, January 21 | 11 a.m. to 12 p.m.
Learn how to navigate the new internet-based resources designed for PCS moves, & where to get answers to your questions about your upcoming move. Informational handouts will be provided. Bring your smart device & follow along with us on our WIFI.

Moving with Children: Thursday, January 21 | 12:15-1 p.m. We'll discuss tips & techniques to help make moving & adjustment to a new school easier for your children whether it's their first move or their fifteenth.

Education Track Training :Tuesday & Wednesday, January 26-27 | 9 a.m. to 4 p.m.
Education Center, Bldg. 1728 Designed for individuals who have decided higher education will be part of their career development path. Course will help in areas such as choosing a degree completion program, selecting an institution, obtaining funding, credit transfers and completing the admissions process.

Making Effective Decisions : Tuesday, January 26 | 11:30 a.m. to 12:30 p.m.
This presentation defines problem solving and effective decision-making and guides participants through an eight-step decision making process. Presented by Hanscom's Military Family Life Counselor.

Replenishing Your Spirit: Thursday, January 28 | 11:30 a.m. to 12:30 p.m.

The Airman & Family Readiness Center presents creative coping strategies to help us manage life's little bumps.

**Please note that all workshop and class times are subject to change. Please call the Airman & Family Readiness Center at (781) 225-2765 to confirm date/time and to register.*

Monthly Programs**Transition-GPS Workshop**

Monday-Friday, January 11-15 | 7:30 a.m. to 4 p.m. Airman & Family Readiness Center

All military attendees must have completed DD Form 2648/1 (Preseparation Counseling) prior to the workshop. Mandatory for all service members. Spouses welcome. Assists voluntarily and involuntarily separating, and retiring service members with career and life transition. This five day program consists of a VA benefits briefing, DOL Employment Workshop, modules on financial planning, Military Occupational Code (MOC), Crosswalk, and preparation and review of Individual Transition Plans (ITP). All military attendees must be enrolled in eBenefits.va.gov prior to the workshop. Please bring your own laptop. Pre-registration is required. To register or for more information, please contact the A&FRC at (781) 225-2765.

Installation Commander's Welcome Monday, January 25 | 8-11:30 a.m.

Hanscom Conference Center Bldg. 1106 Your official introduction to Hanscom AFB features essential base & local community information for new arrivals. Spouses & other service personnel at HAFB are encouraged to attend.



Medical Squadron Welcome for clinic beneficiaries (mandatory for military) follows from 11:45 a.m. to 1 p.m. First Duty Station Officer's Financial Briefing follows from 2-3:30 PM.

Family Advocacy Outreach

CELL PHONE COLLECTION: The Family Advocacy Program collects used and old cell phones, and distributes them to local domestic violence agencies. Drop off phones, batteries, and chargers to the Family Advocacy Program, Bldg 1217. Please put each phone and its accessories in a sealed, plastic bag.

WIC, a nutrition and education program for income-eligible expectant parents or parents with children age birth to five is located on base. * **WIC is located in Bldg 1507** *. **WIC is on base the first and third Wednesday** of each month from 0800 to 1530. For WIC appointments or information, call (617) 312-9974.

First Connections- Is a non-profit, family support organization that provides comprehensive services to families with young children birth through age five. First Connections serves a large geographic area that encompasses twelve metro-west communities, including Hanscom Air Force Base. All programs are free or low cost. More information is available on their website www.firstconnections.org or by calling 781-287-0221.

EMPLOYMENT READINESS

Hire Veterans First is a listing of jobs for veterans and a resume posting service - including a focused list of jobs recruiting wounded warriors. www.hireveteransfirst.com Any participation is solely the responsibility of the individual.”

From Army Times on Web: This new eBenefits feature incorporates numerous tools and resources for job seekers, as well as employers who want high quality applicants. Veterans, service members and their spouses or dependents, who are looking for work, transitioning out of the military or changing careers are encouraged to utilize the Veterans Employment Center. Users can access the Skills Translator function to translate military terms to civilian skills or just go right to the Resume Builder tool. Resumes created on the site will be available to private and public sector employers who specifically want to hire veterans. Veterans Employment Center is found at

<http://www.ebenefits.va.gov>.

eBenefits Fact Sheet http://www.nvti.ucdenver.edu/home/buzz_xtra/eBenefits_factsheet.pdf

LENDING LIBRARY: The ERRC offers a large selection of library resources including books, CDs and DVDs. Employment topics include resume writing, interviewing skills and applying for federal jobs. Relocation topics include moving overseas, moving with children, and having fun in New England - family and pet-friendly activities. Other printed resources include atlases, fliers, and magazines.

HOT JOB BOARD, JOB LISTINGS AND OTHER RESOURCES: The Hot Jobs Board is updated on a daily basis and includes up to the moment federal, contractor, AFFES and NAF positions located in and around Hanscom. Listed Jobs are filed by sector and searchable by date. Other posted notices include local area job fairs, job fair guidance and six-month job search instruction schedule.

Free Vocational Training for Veterans: The Veterans Training School (VTS) is recruiting unemployed and under-employed Veterans for the following vocational free vocational programs: Apply today! Email Andrew Moyseowicz or call 617-371—1810. Find more online at www.nechv.org

Career Opportunities: An update that we now have a “Career Opportunities” link on our website which will have all the information regarding our current job opening, description, and how to apply... <http://www.veteransinc.org/about-us/career-opportunities/>



THE FEDERAL RESUME DATABASE
SUCCESSFUL FEDERAL RESUME SAMPLES FROM 6 POPULAR FEDERAL RESUME BOOKS BY KATHRYN TROUTMAN


150 Samples of Samples of Military Transition, Military Spouse, Student Veteran, and Government Federal Employee Federal Resumes From Current Titles and CD-ROMs by Kathryn Troutman


<http://www.resume-place.com/imcomacs>
Username: IMCOMACS
Password: getajob

The Resume Place, Inc. -- www.resume-place.com -- (888) 480-8265

The Federal Resume Database:

USA JOB: JOB OPPORTUNITIES ON THE BASE - Remember to go to www.USAJOBS.GOV and search for Newport, RI if you are interested in finding out and applying for positions open onboard the Naval Station. Current opportunities include a Motor Vehicle Operator that's open through next week. Spread the word! USAJOBS - The Federal Government's Official Jobs Site www.USAJOBS.GOV This is a United States Office of Personnel Management website. USAJOBS is the Federal Government's official one-stop source for Federal jobs and employment information.

Job Search: Below please find a link to critical skills needed at Booz Allen Hamilton. Please share with your contacts and have all interested email me their resumes and I will submit on their behalf – this speeds up the review process. Also, applicants must identify the job skills qualification from the list. <https://erp.bah.com/hotjobs.htm>

Website: Career Resources for Veterans: The Defense Centers of Excellence (DCoE) recently collaborated with PBS to produce a handbook for military families. Created as a companion to the PBS series "This Emotional Life," A Handbook for Family & Friends of Service Members explores the stressors and feelings individuals may encounter throughout the different phases of deployment. The handbook aims to provide solutions for Service members and identifies outside tools and resources that may be useful to friends and family members before, during and after deployment. Topics include what to expect during deployment and how to strengthen or repair relationships. Order the handbooks from the Real Warriors Campaign website at

<http://www.sc.edu/career/Webresources/veterans.html>

<http://www.realwarriors.net/materials/order>

Hanscom AFS: Resources <http://www.hanscom.af.mil>

Massachusetts Career Information System: <http://masscis.intocareers.org/default.asp>

Veterans Employment Services (978) 534-1481 x 117 www.wmoore@detma.org

Orion International: info@orioninternational.com

RELOCATION READINESS

ACS has listings for apartments or houses to rent. List is updated as housing is made available to us. Call 978-796-3023. ACS Electronic Welcome Packets
<https://www.devens.army.mil>

Moving and Relocation Information: Terrific tips to make moving easier. Plan my Move at
<http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0>

TRICARE Information at Hanscom AFB: Hanscom AFB offers a monthly Newcomer Orientation Medical Clinic welcome to all new patients every Tuesday from 1300 to 1500. It is strongly recommended that Army personnel attend so they can find out about their provider, how to access emergency services, and referral. Telephone: 781-377-2120

FORT DEVENS SERVICES:

Fort Devens Mail and Distribution: Mail & Distribution Hours are as follows. The Door will be open for box pick up between the following hours. 0730 AM to 1600 PM. Window pick up 0900 AM to 1200 PM 1230 PM to 1430 PM

Education Office: The 99th RSC Education Office is located at 30 Quebec Street, (Building 666) Fort Devens, in Rooms 328, 326, and 324. Call 978-796-2331. Services include educational and career counseling, GI Bill questions and issues, tuition assistance, financial aid and scholarship information as well as test administration and test proctoring.

Police Services Division: Fingerprinting 0930-1030 / 1500-1600 or By Appointment.

Police: 978-796-3333

Physical Security: 978-796-3950

Carlson Wagonlit Travel/Veterans Travel: 800-945-0535 or 402-345-7596

Devens Legal: 978-796-2255

Education Office: 978-796-2331

AAFES / Clothing & Sales: 978-772-6838 / 2065

Photo Section DA Photo: 978-796-2559

Fort Devens ID Cards 978 -796-2130, Building 683

Billeting: Bldg. 978-796-3201

Distance Learning Center: 978-796-3612 / 2605 / 2626

Transportation: Passenger 978-796-2722/ or 2393 Freight 978-796-2832/ or 2840

Vehicles: 978-796-2141

MASSACHUSETTS RESOURCES:

USO New England: <http://www.uso-newengland.org/index.htm>

Massachusetts Parks: www.state.ma.us/dem/forparks.htm

Massachusetts Wildlife: www.state.ma.us/dfwele/dfw

State of Massachusetts Child Care Finder: www.qualitychildcare.org

Massachusetts Getaway Guide: <http://www.mass-vacation.com/>

Massachusetts's area Guides net: <http://massachusetts.ags.myareaguide.com/>

Boston and Local Area Concerts: <http://www.bostonconcerts.com/>

No endorsement of events, products or services by the DoD or the Army is implied or intended. Additionally, neither the Army nor the organization endorses the product or organization at any "link" destination contained herein, nor does the Army exercise any responsibility over the content at the destination.

To change your email or unsubscribe from this list, email imelda.fisher.civ@mail.mil, ACS Specialist